

**WHAT IS CLAIMED IS:**

1. A security system comprising:

a) a portable, wrist-wearable timepiece comprising:

5 a timekeeping circuit for calculating a time of day and for generating a time indicating signal representing said time of day;

wireless transmitter means for transmitting data signals; and

10 processing means adapted to cause the transmitter means to transmit a time synchronization signal;

b) a control panel comprising a clock function;

c) a wireless receiver in communication with the control panel for receiving a time synchronization signal from the  
15 wireless transmitting means; and

d) a plurality of sensor devices in communication with the control panel;

20 wherein the control panel is adapted to synchronize the clock function with the time synchronization signal received via the wireless receiver;

whereby the timepiece and the control panel are in time synchronization as a result thereof.

2. The security system of claim 1 wherein the time  
25 synchronization signal is transmitted by the transmitter at a predetermined time, and wherein the control panel synchronizes the clock function to the predetermined time when the time synchronization signal is received via the wireless receiver.

30 3. The security system of claim 2 wherein the time synchronization signal is transmitted by the transmitter at the same predetermined time every day.

4. The security system of claim 1 wherein the time synchronization signal comprises the time indicating signal and wherein the control panel synchronizes the clock function with the time synchronization signal by setting the clock  
5 function to the same time as indicated by the time indicating signal.

5. The security system of claim 4 wherein the time synchronization signal is transmitted after the occurrence of  
10 a predetermined event.

6. The security system of claim 4 wherein the timepiece further comprises a user input button, and wherein the time synchronization signal is transmitted as a result of the  
15 detection by the processing means of a user selecting the user input button.

7. A security system comprising:

a) a portable, wrist-wearable timepiece comprising:

20 a timekeeping circuit for calculating a time of day and for generating a time indicating signal representing said time of day;

wireless transmitter means for transmitting data signals;

25 memory means for storing a plurality of user-defined event records, each of said event records comprising command data indicative of a command and time data indicative of the time that the associated command should be executed; and

processing means adapted to:

30 determine when time data contained in any of the event records matches the time indicating signal and then cause the transmitter means to transmit a command data signal comprising the associated command data;

b) a control panel;

c) a wireless receiver in communication with the control panel for receiving command data signals from the wireless transmitting means; and

5 d) a plurality of sensor devices in communication with the control panel;

wherein the control panel is adapted to perform a function specified by the command data received via the wireless receiver.

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8. The security system of claim 7 wherein the function performed by the control panel is arming of the security system at a predetermined time specified by the associated time data.

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9. The security system of claim 7 further comprising at least one output device in communication with the control panel, and wherein the function performed by the control panel is triggering of the output device at a predetermined time specified by the associated time data.

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10. The security system of claim 9 wherein the output device is a light, and wherein the light is turned on by the control panel.

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11. The security system of claim 9 wherein the output device is a light, and wherein the light is turned off by the control panel.

30 12. A security system comprising:

a) a portable, wrist-wearable timepiece comprising:

a timekeeping circuit for calculating a time of day and for generating a time indicating signal representing said

time of day;

wireless transmitter means for transmitting data signals;

5 a plurality of user input buttons for triggering associated events by a user;

memory means for storing a plurality of user-defined event records, at least one of said event records comprising command data indicative of a command and delay data indicative of a delay time associated with the command; and

10 processing means adapted to:

determine when a user input button has been activated,

determine which event record is associated with the user button activated, and

15 then cause the transmitter means to transmit a command data signal comprising the associated command data after the associated delay time has been counted down by the timekeeping circuit;

b) a control panel;

20 c) a wireless receiver in communication with the control panel for receiving command data signals from the wireless transmitting means; and

d) a plurality of sensor devices in communication with the control panel;

25 wherein the control panel is adapted to perform a function specified by the command data received via the wireless receiver.

30 13. The security system of claim 12 wherein the function performed by the control panel is arming of the security system, whereby the security system is armed after a delay time has expired after the user has pressed the user button.

14. In a security system comprising a control panel comprising a clock function, a wireless receiver in communication with the control panel, and a plurality of sensor devices in communication with the control panel; a  
5 method of synchronizing the clock function of the control panel with a portable, wrist-wearable timepiece comprising the steps of:

the timepiece generating via a timekeeping circuit a time indicating signal representing a time of day;

10 the timepiece transmitting via a wireless transmitter a time synchronization signal;

the control panel receiving via a wireless receiver the time synchronization signal; and

15 the control panel synchronizing the clock function with the time synchronization signal received via the wireless receiver;

whereby the timepiece and the control panel are in time synchronization as a result thereof.

20 15. The method of claim 14 wherein the time synchronization signal is transmitted by the transmitter at a predetermined time, and wherein the control panel synchronizes the clock function to the predetermined time when the time synchronization signal is received via the wireless receiver.

25 16. The method of claim 15 wherein the time synchronization signal is transmitted by the transmitter at the same predetermined time every day.

30 17. The method of claim 14 wherein the time synchronization signal comprises the time indicating signal and wherein the control panel synchronizes the clock function with the time synchronization signal by setting the clock function to the

same time as indicated by the time indicating signal.

18. The method of claim 17 wherein the time synchronization signal is transmitted after the occurrence of a predetermined event.

19. The method of claim 4 wherein the time synchronization signal is transmitted as a result of a user selecting a user input button located on the timepiece.

20. In a security system comprising a control panel, a wireless receiver in communication with the control panel, and a plurality of sensor devices in communication with the control panel; a method of automatically triggering an event to be performed by the control panel with a portable, wrist-wearable timepiece comprising the steps of:

the timepiece generating via a timekeeping circuit a time indicating signal representing a time of day;

the timepiece determining, by reference to a memory that has stored therein a plurality of user-defined event records comprising command data indicative of a command and time data indicative of the time that the associated command should be executed, when time data contained in any of the event records matches the time indicating signal, and then transmitting a command data signal comprising the associated command data;

the control panel performing a function specified by the command data received via the wireless receiver.

21. The method of claim 20 wherein the function performed by the control panel is arming of the security system at a predetermined time specified by the associated time data.

22. The method of claim 20 wherein the security system further comprises at least one output device in communication with the control panel, and wherein the function performed by the control panel is triggering of the output device at a predetermined time specified by the associated time data.

23. The method of claim 22 wherein the output device is a light, and wherein the light is turned on by the control panel.

24. The method of claim 22 wherein the output device is a light, and wherein the light is turned off by the control panel.

25. In a security system comprising a control panel comprising a clock function, a wireless receiver in communication with the control panel, and a plurality of sensor devices in communication with the control panel; a method of performing a delayed function by the security system utilizing a portable, wrist-wearable timepiece comprising the steps of:

the timepiece generating via a timekeeping circuit a time indicating signal representing a time of day;

the timepiece determining when a user input button located on the timepiece has been activated,

the timepiece determining, by reference to a memory that has stored therein a plurality of user-defined event records comprising command data indicative of a command, delay data indicative of a delay time associated with the command, and an indication of a user input button associated therewith, which event record is associated with the activated user input button;

the timepiece using the timekeeping circuit to count

down the delay time associated with the activated user input button;

the timepiece transmitting a command data signal comprising the associated command data after the associated

5 delay time has been counted down by the timekeeping circuit;

the control panel receiving the command data signal; and

the control panel performing a function specified by the command data received from the timepiece.

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26. The method of claim 25 wherein the function performed by the control panel is arming of the security system, whereby the security system is armed after a delay time has expired after the user has pressed the user button.

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